

◆ Keeping Contact ◆

Jun/Jul/Aug, 2007 e-mail: ba1942@yahoo.com

Published by Delaware County Road Runners Club



Chairman's Chatter

By Terry Adamson

The club has had a full spring and summer of events from the Tyler Arboretum Trail Run, to the Elwyn Maximum 5K, to the Running of the Monk and the Junior Developmental Meet. The Trail Run and Junior Developmental Meet are long standing club events that both had their best turnout of competitors in several years.

Our second year of involvement with the Monk brought out a record crowd. This was in large part due to the participation of Students Run Philly Style (SRPS). Delco RRC has supported this Program since its beginning in 2005. This Program is geared to getting Philadelphia city middle and high school kids involved in running. More than 200 young SRPS runners added greatly to the energy and spirit of the evening.

The Elwyn Maximum 5K was our new event this year. Delco RRC volunteers worked in conjunction with race director Susan Foster to organize this first year event and we provided tremendous race day support. I was very pleased when the club received the following note of appreciation from Dr. Sandy Cornelius, the president of Elwyn.

New Members

Diane Lista	Thuy Dinh	Maire Curto
Meg Nilan	Lauren Taylor	Kristin Dwinnells
Mark Wenger	Frank Durso	Heather Mozzoni
Deb Riggins	James Bronson	Claire Conaway
Amrah Brunt	Greg Brazill	Ryan Czyszcon
Griffen Anderson	Graham Thorpe	
Deanna Thorpe	Robert Kunz	
Theresa Gagliardi	Joh Paul Gagliardi	

Dear Mr. Adamson,

The Saturday Elwyn Run and Walk was fantastic. Thank you for all you and the Delco Road Runners did to make it such a wonderful event. We do so hope that you and your "team" were pleased enough to make it the first of many here on our main campus. You lifted our spirits and helped us all improve our spirits and well being.

Most Sincerely,
Sandy

It is a unique race with its combination road and off road course around the beautiful Elwyn campus. I'm hoping that word of mouth from those who ran it this year and continued support from Elwyn and Delco RRC can help this race become a significant annual event.

August 14, 1973 - from Newsletter Archive

Cake Race

The second annual Cake Race will be held on Sunday, September 16, at 6pm. Last year 71 people ran, and 44 home-made cakes were awarded to the top finishers in each age group. This year we are expecting a turnout of 150 to 200 runners. There will be 5 different age groups for men (10 and under, 11 to 14, 15 to 25, 26 - 39, and 40+) and 3 age groups for women (11 and under, 12 to 19, and 20+). The race course will be two loops (4.8 miles) for men 11 and over, and one loop (2.4 miles) for boys 10 and under and all women. Anyone wishing to donate a cake should contact Byron Mundy

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WOMEN'S DISTANCE FESTIVAL 5K

RUN/WALK ON THE CROSS COUNTRY COURSE

AT ROSE TREE PARK IN MEDIA, 1671 N. PROVIDENCE ROAD

Part of "A Delco RRC Doubleheader: A Day of Champions"

Start the day with the **Women's Distance Festival**. In the afternoon, watch high-school athletes compete in the **44th Annual Delaware County Cross Country Championships**.

The **WDF** celebrates the determination, dedication and grit of women runners, and this year we're doing it **cross country style**. Run on a softer, grassy surface that's kinder on the joints than pavement. Enjoy the challenge of the rolling hills and a single creek crossing.

Long-sleeve T-shirts for the first 100 to register

When: Saturday, Oct. 13, 2007. Registration opens at 9:00 at gazebo; race starts at 10:00

Entry fees: \$15 Postmarked by Oct. 6, 2007; \$20 after; \$5 discount for students 18 and under

Top Awards: 1st, 2nd, and 3rd place overall female finishers. **Age Group Awards:** Top three for 10 & under, 11-18, 19-29, 30-39, 40-49, 50-59, 60 & over. Prizes courtesy of **The Running Place**.

Register online at ***www.RunTheDay.com*** (\$3 handling fee added) or use form below.

Men can run, but only women win awards; no duplication of awards.

Send checks, payable to **Delco RRC** c/o Amy Binder, 254 Clover Circle, Media, PA 19063.

Questions? Call (610) 891-0806 or email amy@amyink.com

*******ENTRY*******

FORM*****

Last name _____ First name _____ Sex ____ Race day age _____

Address _____ City _____ State ____ Zip _____

Phone number _____

Email _____

Long-sleeve T-shirt size (for first 100 to register): ____ Small ____ Medium ____ Large ____ XL

_____ Amount enclosed; _____ Additional tax-deductible contribution; _____ I'd like to volunteer instead of run

Waiver: I understand that running races are potentially hazardous activities. I agree to abide by any decision of the race official about my ability to safely complete the run. I assume all risks with running this race, including but not limited to falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on the course, all such risks being known and unknown. Having read this waiver and knowing these facts and in consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, or myself, their heirs, executors, and administrators waive and release any and all rights and claims for losses and damages I may have against Delco RRC, Upper Providence Township, Delaware County, Run the Day Race Management, all sponsors and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in this said event. I attest that I am medically able and properly trained to participate in this event. I also give permission for free use of my name and photograph in any broadcast, telecast or other accounts of the event.

WAIVER MUST BE SIGNED

Signature _____ Date _____

Parent or guardian signature if runner is under 18 years of age

Delco RRC Donates Money

Where does club money go? Most of it goes to supporting the Delco Cross Country and Track and Field Championships. Some of the money goes to support local organizations and our own races to help promote running.

This past month the club donated \$100 to the Philadelphia Sunday Breakfast Running Club. Anne Mahlum runs past the Sunday Breakfast Rescue Mission Shelter every Sunday and always receives smiles and applause. She decided to organize these individuals into a running club.

In mid-July, the Sunday Breakfast Running Club kicked off with 12 members signed up. If you would like to contribute old running shoes, you can drop them off at the Philadelphia Runner store located at 1601 Sansom St. Phila., PA 19103. Terry Adamson has graciously offered his time to take the shoes to the store. Bring them to any fun run and Terry will get them to the store. All sizes, male and female are needed.

The club received a very nice thank-you card from Anne for our donation. Our thanks go out to her for helping to inspire others.

Club Meetings

The Delco RRC club meetings are held at the Covenant United Methodist Church of Springfield. The church is on the corner of Saxer Ave and Springfield Road. The meetings will be held in room 2 in the Sanctuary Building beginning at 7:30 PM. All are welcome. Directions can be found on our web site. <http://www.delcorrc.org>

Meetings are scheduled for the following dates in 2007:
 30 Jan, 27 Feb, 27 Mar, 24 Apr, 29 May, 26 Jun, no mtg in Jul, 28 Aug, 25 Sep, 30 Oct, 20 Nov, 18 Dec.

**Amy's Ink
 Two dozen satellites eye her every move (almost)
 By Amy Binder**

I used to think the allure of running was its simplicity. Just lace up your sneaks and head out the door.

No need for the protective padding of contact sports or the goggles and caps used in swimming. Certainly no need for any high-tech sports gadgets. Or so I thought. Then I found GPS, and I'm hooked.

What looks like an oversized and bulky wristwatch is actually a Global Positioning System. Every step I take is tracked by a network of two dozen satellites that were placed into orbit by the U.S. Department of Defense. GPS was originally intended for the military, but now anyone can use the technology. I like to think of it as a bonus return on at least some of my tax dollars.

It might seem a bit excessive to rely on signals from outer space to track my neighborhood training runs, but it's become an addiction. With every footfall, I can see how far I've gone and my average pace, both per mile and over the course of the entire run. This constant feedback has helped me improve my speed and to see concrete results from my training efforts.

The technology is pretty wonderful, but it's not perfect. All I have to do is run under a big stand of shade trees to temporarily lose the signal. I find it ironic that satellites can track me from 12,000 miles above the earth, but be fooled by something as flimsy as a leaf. It's as if leaves are kryptonite to satellite transmissions. Maybe that's Mother Nature's revenge.

If it's too shady when I first power up the unit, I get a series of questions. 1) Are you indoors? 2) Have you moved hundreds of miles since your last use? 3) Is today [displays current date]? I half expect the next question to be: What's your favorite color?

Occasionally, I'll hit a wrong button as I answer. I used to worry that, in doing so, I might be responsible for reprogramming the satellite network. I've since come to the conclusion that the questions are meaningless. I'm guessing it's a stalling tactic, meant as a distraction so I won't think GPS can't find me.

The other glitch involves the estimation of total calories. After finishing one 5K race, the results showed I burned more than 4,500 calories. If that were true, I'd be dropping pounds before my eyes. When I got home, I went online and found that others had the same problem. One guy even tracked his mileage while driving, only to find he had supposedly burned hundreds of calories while at the steering wheel.

What surprises me most is how closely I track the pacing data while GPS tracks me. After every run, I download the results into my computer so I can compare my progress mile against mile, and training run against training run.

Geesh. You'd think I was preparing for the Olympics.

Yet that is what's so great about GPS. It's military precision for the masses. I don't have to be a world-class runner to benefit. The only person I'm competing against is myself, and I get immediate feedback and immediate gratification.

I still enjoy the simple pleasures of running, even though running isn't that simple anymore. These days I have to remember to recharge my GPS batteries before I can hit the road and recharge my own.

*Originally published in the News of Delaware County, June 20, 2007.
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Delco RRC Race Results

Penn Relays Distance Classic 20K - 22 Apr 07

42 Phil Anderson 1:48:33

Commodore Barry Bridge Run 10K - 22 Apr 07

32 James Curto 49:11
 56 Rita Jordan-Keller 57:25
 53 Bonnie Muetterties 59:23

Commodore Barry Bridge Run 5K - 22 Apr 07

48 Jim Seaman 30:03
 68 Bill Erb 33:55

Delco Championships (Radnor) JV 1Mile - 5 May 07

16 David Klein 4:47 (2nd Place)

Broad Street 10 Miler - 6 May 07

31 Chris Earley 56:58**
 33 Chris McGoldrick 1:01:18**
 52 Steve Whitmore 1:05:05***
 53 Larry Filtz 1:05:30
 24 Kate Klim 1:06:27**
 48 Bill McGurk 1:07:06***
 41 Frankie Cruz 1:07:20***
 59 Byron Mundy 1:08:15***
 46 Mike Gormley 1:14:26**
 47 John Ashton 1:14:33***
 40 Dawn Patterson 1:17:52*
 60 Neil Weygandt 1:18:08
 31 Carrie McTague 1:20:14*
 32 James Curto Jr. 1:20:47
 57 Terry Adamson 1:23:01
 42 Phil Anderson 1:25:17
 27 Molly Reilly 1:30:07
 41 Denise Talbot 1:32:05*
 52 Shirley Weber 1:34:17*
 33 Megan McHugh 1:35:02
 56 Diane McManus 1:39:28
 49 Jeanne Ciocca 1:52:07*
 57 Janet Boas 2:10:35

* Girls Gone Wild - 1st Place Female Masters

** The Y-Nots - 4th Place Mixed Open

*** Over the Hill Gang - 4th Place Masters

Villanova Safe from the Sun 5K - 6 May 07

72 Bill Morgan 28:50 (1st in age grp)

Heritage Festival 5K Race - 6 May 07

33 Glen Bowman 21:27 (3rd n age grp)
 55 John Greenstine 23:48 (1st in age grp)
 52 Amy Binder 30:56 (1st in age grp)
 41 Diane Lista 31:07 (1st in age grp)

Central League Championships JV 2 Miles - 8 May 07

16 David Klein 10:32 (2nd Place)

Kennett 5K Run - 19 May 07

53 Larry Filtz 19:42 (2nd in age grp)
 25 Thuy Dinh 27:07

OLPH 5K - 19 May 07

41 Chris Commans 21:33 (2nd in age grp)
 42 Phil Anderson 24:00

Holy Child Academy 5K - 28 May 07

41 Diane Lista 28:20
 42 Phil Anderson 30:03
 8 Griffin Anderson 17:19 - 1.5 mile race

Lansdowne Memorial Day 5K - 28 May 07

33 Chris McGoldrick 17:54 (1st overall)
 53 Larry Filtz 19:43 (1st in age grp)

Ridley YMCA 5K - 2 June 07

52 Steve Whitmore 19:28 (1st in age grp)
 32 Mary Ann McMenamin 19:44 (1st female)
 53 Larry Filtz 19:44 (2nd in age grp)
 33 Glen Bowman 19:55 (1st in age grp)
 59 Byron Mundy 20:52 (3rd in age grp)
 15 Harrison Talbot 21:21 (1st in age grp)
 41 Chris Commans 21:28 (1st in age grp)
 51 Chet Lubecki 21:37
 59 Jack Corcoran 23:07
 60 Neil Weygandt 23:42 (1st in age grp)
 23 Amrah Brunt 24:13 (1st in age grp)
 41 Denise Talbot 24:21 (2nd in age grp)
 45 Joe Hassard 28:25
 56 Diane McManus 29:37 (2nd in age grp)
 40 Steven Freytag 30:15

Moorestown Rotary 8K - 2 June 07

42 Phil Anderson 41:22

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Run the Monk 5k - 8 June 07

23	Chrissy Matticola	18:29 (1st female)
33	Chris McGoldrick	18:32 (1st in age grp)
33	Glen Bowman	19:28 (2nd in age grp)
24	Kate Klim	19:47 (1st in age grp)
59	Byron Mundy	21:22 (2nd in age grp)
15	Harrison Talbot	21:38
37	Noreen Beresford	22:45 (1st in age grp)
54	Beth Howlett	23:43 (1st in age grp)
41	Chris Commans	22:29
59	Jack Corcoran	23:83 (3rd in age grp)
56	Nick Sacchetti	24:18
23	Amrah Brunt	24:22
60	Neil Weygandt	24:28 (3rd in age grp)
56	Tom Brazill	24:59
44	Joe Freiberg	25:41
36	Gina Kokoska	27:54
25	Thuy Dinh	28:21
41	Diane Lista	29:19
15	Ben Geveke	30:36
48	Dave Geveke	30:37
56	Diane McManus	31:58
72	Bill Morgan	32:44 (2nd in age grp)
73	Bob Koerner	34:32 (3rd in age grp)
53	Kathy Adamson	34:32

Sheriff's Run 5K - 10 June 07

41	Denise Talbot	24:19 (1st in age grp)
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Media 5-Miler - 15 June 07

37	Alida Anderson	35:44
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Run 4 Your Life 5K - 17 June 07

32	James Curto Jr.	23:35
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Chichester Business Association 5K - 23 June 07

31	Chris Earley	17:22 (2nd overall)
33	Chris McGoldric	17:45 (4th overall)
52	Steve Whitmore	18:59 (1st in age grp)
53	Larry Filtz	19:26 (2nd in age grp)
48	Bill McGurk	19:59 (1st in age grp)
41	Chris Commans	21:50 (1st in age grp)
54	Beth Howlett	22:27 (1st in age grp)
23	Amrah Brunt	23:21 (2nd in age grp)
15	Ben Geveke	25:00
48	Dave Geveke	25:00
52	Shirley Weber	26:55 (2nd in age grp)
25	Thuy Dinh	27:07 (1st in age grp)
41	Diane Lista	27:21 (3rd in age grp)
52	Amy Binder	27:44 (3rd in age grp)

46	Mike Gormley	27:53
65	Carolyn Digiambatis	30:44 (1st in age grp)
66	Sue Levy	36:03 (2nd in age grp)

Phila Insurance Triathlon - 24 June 07

31	Carrie McTague	2:38:02 (7th in age grp)
1.5K Swim	40K Bike	10K Run
29:15	1:13:36	49:13
59	Byron Mundy	2:44:09 (3rd in age grp)
1.5K Swim	40K Bike	10K Run
29:49	1:19:35	46:52

Double Trouble 15K - 24 June 07

33	Chris McGoldrick	1:10:41 (7th overall)
48	Bill McGurk	1:23:12

Lionville YMCA 5K - 27 June 07

37	Alida Anderson	22:47 (1st in age grp)
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Swarthmore Lions Independence Eve 8K - 3 July 07

24	Kate Klim	31:56 (1st Female)
46	John Loiselle	32:20
37	Alida Anderson	35:41 (1st in age grp)
54	Bob White	36:41 (2nd in age grp)
32	Frank Durso	36:53
32	James Curto	38:14
56	Tom Brazill	39:28
57	Terry Adamson	39:29
52	Shirley Weber	43:03 (1st in age grp)
64	Mary McCoy	45:58 (1st in age grp)
53	Kathy Adamson	55:18

Good Neighbor Day - 4 July 07

5K

25	Thuy Dinh	27:04
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15K

40	Paul Randolph	59:55 (2nd in age grp)
52	Steve Whitmore	1:01:39 (1st in age grp)
53	Larry Filtz	1:02:55 (2nd in age grp)
48	Bill McGurk	1:07:24 (2nd in age grp)
60	Neil Weygandt	1:17:07 (2nd in age grp)
12	Julian Randolph	1:35:16 (1st in age grp)



Run the Day Invitational 5K - 7 July 07

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55	John Greenstine	22:21 (1st in age grp)
32	Frank Durso	22:46 (2nd in age grp)
41	Tim Kreuger	23:49 (1st in age grp)
23	Amrah Brunt	23:52 (1st female)
56	Tom Brazill	24:41 (2nd in age grp)
57	Terry Adamson	24:41 (3rd in age grp)
23	Kristin Dwinells	26:01 (2nd in age grp)
41	Denise Talbot	26:03 (1st in age grp)
21	Greg Brazill	31:29 (ran w/friend)

Boilermaker 15k - 7/8/07

33	Chris McGoldrick	1:01:06
54	Beth Howlett	1:13:09 (3rd in age grp)
31	Carrie McTague	1:17:39
45	Bill Weber	1:20:46
52	Shirley Weber	1:31:27
34	Megan McHugh	1:42:11

Sunset Duathlon 2M run, 16 M Bike, 5K - 14 July 07

45	Bill Weber	1:35:14 (3rd in age grp)
41	Denise Talbot	1:46:40

Sunset Triathlon 1/2 M Swim, 16 M Bike, 5K - 14 July 07

31	Carrie McTague	1:30:28 (2nd in age grp)
59	Byron Mundy	1:34:28 (1st in age grp)
44	Joe Freiberg	1:42:45 (2nd Clydesdale)
34	Megan McHugh	1:50:56

Teterboro Airport 5K - 21 July 07

41	Chris Commans	21:17
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Sea Isle City 10 Mile Race - 4 August 07

27	John paul Gagliardi	1:09:23
21	Greg Brazill*	1:10:22
52	Steven Whitmore*	1:10:50 (2nd in age grp)
53	Larry Filtz*	1:11:49
24	Kate Klim*	1:13:59 (8th Female)
33	Chris McGoldrick*	1:15:13
48	Bill McGurk*	1:16:55
56	Tom Brazill*	1:42:16

* Delco RRC Team Members - 1st Place

Upperman Duathlon International, 5K Run, 22M Bike, 6M Run - 4 Aug 07

33	Carrie McTague	2:19:47 (2nd female)
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Upperman Duathlon Sprint, 5K Run, 15M Bike, 5K Run
4 August 07

46	Bill Weber	1:39:50 (3rd in age grp)
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NYC Half Marathon - 8/5/07

24	Theresa Gagliardi	1:57:46
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**SEND RACE RESULTS TO ba1942@YAHOO.COM
or info@delcorrc.org**

**Junior Development Track Meet Attracts 185
Competitors
By Byron Mundy**

Our annual Junior Development track meet , which we co-host with the Swarthmore Recreation Association, was held at the Strath Haven Middle School cinder track on June 9. Excellent weather conditions helped attract the largest number of participants in recent years . One hundred and eighty-five (185) boys and girls, ages 4 to 18, ran, jumped, and threw, in a dozen different events from 9 am until 2 pm.

Several teams turned out including the Swarthmore Recreation team, AJ's Elite (Chester), Chester Cheetahs, Delco Stallions, and the Monarchs. Award medals and ribbons were presented in six age groups: 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-18.

Special thanks go to Mr. Gene Heiler, a registered AAU track official, who volunteered to be our race starter for the second straight year. Meet directors John Ashton, Sam Dickey (Swarthmore rec.) , and Byron Mundy would like to thank all the Delco RRC members who did their usual great job in working the meet including Terry Adamson, Eric Mundy, Larry Filtz, Marian Filtz, Mariel Filtz, Amy Binder, Tom Brazill, Dot Kracht, Mary Beth Mundy, George Jackson, Glenn Bowman, Carrie McTague, Chris McGoldrick, Bill Weber, Shirley Weber, Art Dell, Denise Talbot, Bill McGurk, Kate Klim, Steve Hamilton, Joe Freiberg, John Loiselle, Pete Belfi, Gary Klein, David Klein (David also won two events during the meet), Andrew Armour, Tony Dilucido, and Aimee Dilucido.

Delco RRC Singlets and Running Shorts Now Available

If you are interested in purchasing singlets and shorts, please contact Mike Gormley at 484-432-1271 or email cheatah60@juno.com. The singlets will have the Delco RRC insignia on the front.

The singlets and shorts are Asics Medley which come in both women's and men's cuts. The fabric is a lightweight, wicking polyester. The sizes run normal. Prices depend upon the quantity ordered. Approximate prices are \$20 per singlet and \$15 per short.

You can see Mike and try on the singlet at most Wednesday night Fun Runs.



SAVE THE DATE: Sat., Oct. 13

A Delco RRC Doubleheader: *A Day of Champions*

Two great events on the same
XC course at Rose Tree Park

- At 10:00 AM, it's the **28th Annual Women's Distance Festival 5k Run/Walk.**
- In the afternoon, watch high-school athletes compete in the **44th Annual Delaware County Cross Country Championships.**

Please support **Delco RRC** events:
Many **volunteers** are needed

WDF contact: Amy Binder – 610.891.0806

XC contact: Byron Mundy – 610.534.2833

iGive - Do you shop on the internet? If you do, please check out iGive. When you sign up (for free) and designate a cause (like Delaware County Road Runners), a percentage of your purchases at participating stores goes to the club. And it's a long list of stores. So check out [iGive.com](http://www.IGive.com)

So far, we received a \$10 check for Delco from what a club member has bought so far, but the fall shopping season is just heating up.

HOW IT WORKS

1. Join to Support Delaware County Road Runners Club It's FREE, private, & easy. <http://www.iGive.com/html/refer.cfm?memberid=457290&causeid=36566>

2. Shop the Mall at [iGive.com](http://www.IGive.com)

You'll see familiar stores like Lands' End, Office Depot, JCPenney, Neiman Marcus, Expedia, Barnes & Noble, and eBay to mention just a few!

3. Watch the \$\$ roll in for Delaware County Road Runners Club! Up to 26% of EACH purchase gets donated!

Shop within 45 days of joining, and get an extra \$5 donation, FREE.

Thanks to Amy Binder for bringing this to our attention.

BIRTHDAYS (July - August - September)

Joellen Street 7/1
 Bill Kreider 7/6
 Jim Smith 7/8
 Karen Earley 7/8
 Steve Balmer 7/8
 Bill Kracht 7/9
 DA Freiberg 7/9
 Ed Delate 7/10
 Hope McKenney 7/11
 Deb Riggins 7/14
 Denise Talbot 7/15
 John Wade 7/17
 Niall Donahue 7/19
 John Greenstine 7/22
 Lloyd Armor 7/24
 Matt Morse 7/26
 Tim Kreuger 7/27
 Tim O'Neill 7/28
 Sandy Brown 7/29
 Shawn Patterson 8/2
 Marcy Harper 8/3
 Lisa Marchese 8/11
 Christine Reuther 8/19
 Jason Sevick 8/23
 Monica Freiberg 8/28
 Mary Ann McMenammin 8/29
 Tom Weber 9/5
 Phil Anderson 9/9
 Bill Mortimer 9/14
 Noreen Beresford 9/21
 Chet Lubecki 9/29



Paul Isaac 7/15
 Mike McKenney 7/19
 Will Kane 7/19
 Tom Watkins 7/22
 Nick Sacchetti 7/24
 Monica O'Neill 7/27
 Deborah Daisley 7/28
 Diane Lista 7/29
 Gene Martenson 7/31
 Anthony Keller 8/3
 Richard Webb 8/3
 Bridget Morse 8/14
 Joe Freiberg 8/21
 Gary Klein 8/27
 Marian Baudini 8/23
 Theresa White 8/31
 Rita Jordan-Keller 9/2
 Janet Boas 9/11
 Paul Zamostien 9/16
 Meg Nilan 9/23
 Frank Deady 9/29

Jim Seaman 9/2
 Michael Gormley 9/6
 Paul Randolph 9/12
 Albert Long 9/21
 Tom Brazill 9/24

(If you are missing, contact ba1942@yahoo.com so he can update the membership roster.)

Register to run the Woman's Distance Festival or to volunteer by contacting Amy Binder at 610-891-0806

Drink plenty of fluids

Participate in club activities

Volunteer for the X-Country Championships - Sat Oct 13th - Contact Byron Mundy at 610-534-2833

Today I'm going to make time for a Fun Run

Get Well Wishes go out to Rita Jordan-Keller who was injured running the Double Trouble Trail Run in June. We hope to see you out running soon.

37 people recently came out for a Wednesday Fun Run Walkers, Joggers and Runners all had a good time

10% discount to all Delco RRC members at the Running Place located at 252 and West Chester Pike

Delco Board Members needed. Help out your club. Contact Terry Adamson to see how at 610-872-7327

**Delco RRC
P.O. Box 1811
Media, PA 19063**

Run for Fun and Fitness



In This Issue...

Race Results, From the Archives, Birthdays, Amy's Ink

2007 Delco RRC Board Members:

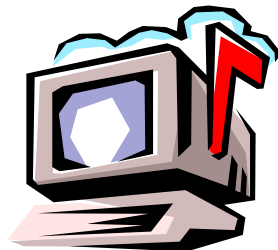
Terry Adamson	Chairman	610-872-7327
Bill McGurk	Vice Chairman	610-291-9707
Bill McGurk	Membership	610-291-9707
Torpey White	Treasurer	610-338-0942
Carrie McTague	Secretary	610-789-6282
Bill Weber	Team Coordinator	610-306-1553

Amy Binder, Larry Filtz, Bob Fuhrman, Mike Gormley,
Paul Isaac, Rita Jordan-Keller, Dot Kracht, Byron Mundy,
Dawn Patterson, Steve Whitmore

Newsletter Staff:

Editor: Bill McGurk

Contributors: Terry Adamson, Amy Binder, Byron
Mundy (You can be the next contributor. Have something
to add? E-mail it to ba1942@yahoo.com or
info@delcorrc.org)



View the newsletter in color at
www.delcorrc.org

Delaware County RRC Fun Run/Walk Schedule

(subject to change without notice)

Sunday 7:30 & 9:00 a.m., Springfield, PA
Springfield Library, 70 Powell Road

Monday 6:30 p.m., Secane, PA
Ridley YMCA; South Avenue Secane

Tuesday 6:30 p.m., Springfield, PA
Springfield Library, 70 Powell Road

Wednesday 6:30 p.m., Swarthmore, PA
Swarthmore Presbyterian Church Parking Lot
Harvard Ave, near 320

Thursday 6:30 p.m., Springfield, PA
Springfield Library, 70 Powell Road

Saturday 9:00 a.m., Collingdale, PA
Harris Elementary School, Sharon & Bartram Aves.

Saturday 8:00 a.m., Media, PA
Media Community Center, 3rd & Jackson Sts.